

THINKFIRST CANADA'S BASEBALL INJURY PREVENTION TIPS

Baseball has been around for over 200 years and has seen its fair share of injuries. ThinkFirst Canada's top tips to reduce your chances of sustaining a catastrophic injury while playing this great summer game are below. This information is taken from Chapter 35 "Baseball" in the ThinkFirst book entitled *Catastrophic Injuries in Sports and Recreation: Causes and Prevention – A Canadian Study* edited by Charles H. Tator and published by the University of Toronto Press in 2008.

TOP TIPS:

- Do not drink alcohol or use drugs before or during play.
- Spectators must remain aware of the events of the game at all times.
- Balls that are softer than standard may reduce, limit, or prevent ball impact injuries.
- Wear a helmet when batting, base running, catching and umpiring.
- Wear face shields when batting in hardball to protect the face, eyes, head and neck.
- Boys and men should use equipment that protects their genitals.
- Girls and women should wear chest protectors when batting.
- Use bases that release from their anchor when slid into.
- Practice sliding both head and feet first before trying it in a game.
- Play on level and well conditioned fields to limit undulating terrain and bounces.
- Avoid playing where there are any physical obstacles such as trees, benches, etc.
- Everyone must stay clear of the batter's swing.
- Ensure that supervisors are educated in and trained in safety. Supervision is important for injury prevention.



DID YOU KNOW?

- Baseball was invented in the United States in the 1800s.
- In Ontario, 16% of all Ontarians participate in some type of baseball activity.
- Males participate at almost twice the rate of females – males, 21.3%; females, 11.3%
- There are numerous ways that a baseball player can sustain injury including: pulling muscles and tearing ligaments.
- Generally catastrophic injuries result from being hit by a ball, a bat, or another player/inanimate object.

Remember: thinkfirst.ca before you play!